

50 & WISER

SPECIAL POINTS OF INTEREST:

- 50 & Wiser
Coming
Projects and
Past Pro-
jects
- Fire Ants



Fire Ant Queen,
Swarming, Worker

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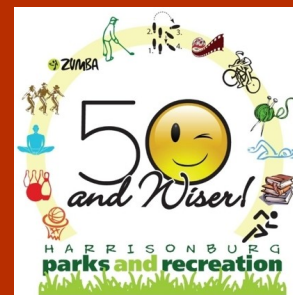
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Wiser Living Harrisonburg

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50 & Wiser

News for August: Tree Stewards of Harrisonburg meets from 5:30-7:30 pm at GAC on August 19, and meets weekly thereafter until October 21.

The fee is waived for people who have certifications as Master Naturalists, Master Gardeners, or volunteers for the Northend Greenway Project.

The monthly movie will be Mr. Popper's Penguins (Jim Carey) August 16 from 11 am to 2 pm.

There will be a bowling party on August 15 at 12:30 at Traditions Family Restaurant.

Pickleball is starting with a demonstration and lessons in the CAC gymnasium on September 19 from 1:30-3:30.

The Senior Bowling league has a between-session party August 15 at 12:30pm at Panos. New team drawings 12:30 August 22.

The Pinochle Club is looking for members.

Meetings are Mondays, 1-3 pm in Craft Room 3.

Duduza Doll project is winding down with the dolls leaving the country on August 4. We completed 132 dolls. Many thanks to those who have helped with this project. I am often awestruck by the number of truly good people who live here in the Harrisonburg area. Questions or comments contact Gail Ham, 433-9168; gail.ham@harrisonburgva.

Fighting Back

www.vdacs.virginia.gov/plant&pest/fireant.shtml

Fire Ants

Fire ants are particularly nasty, with painful, sometimes deadly bites. South American invaders, they are dangerous for several reasons: they swarm by the thousands from dis-

turbed mounds, attacking whatever moves; they grab the victim with powerful mandibles, then sting repeatedly. The toxin is powerful and long-lasting. The bites form blisters which

are easily infected.

They have been in Virginia since 1989 in the Tidewater area. To keep them from spreading, do not import plants, dirt, or dead wood from that area.

A sense of humor...is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.

-Hugh Sidney-

An affirming note: Rule for cats; when accompanying guests to the bathroom, it is not necessary to do anything-just sit and stare.



How to have fun with your cat website;
www.wikihow.com/Have-Fun-with-Your-Cat

Your Best Survival Skill

Turn of the century American writer, E. B. White said, "Analyzing humor is like dissecting a frog, few people are interested, and the frog dies". Still, the appropriate use of humor can get you through some rough times. Appropriate means it doesn't hurt

anyone, especially you. Lots of factors make something funny, and it won't be funny to everyone. It takes practice to make life less serious by finding the funny side. Often something frustrating can later be a funny story. Keep a journal of funny things that happen. You can

make a humor corner in your home, with books, DVDs and CDs you find funny. Go there when you are down to laugh things better. Meanwhile, start with a smile!

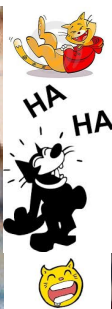


Do Cats have a Sense of Humor?

Before you can think about that, you have to decide what humor is. There are many definitions, but writer Rick Walton said humor is surprise without threat or promise. Looking at it that way, cats may be said to have a sense of humor. Masters of ambush, they love to leap out at an unsuspecting victim, scare

them to death, then go racing through the house. Some research suggests they can neither smile nor laugh. Jonathan Balcombe, PHD, Humane Society University, says his research suggests gorillas and other primates have a sense of humor and laugh, but is reluctant to generalize that to other mammals. Sci-

ence is slowly coming around to acknowledging that animals have emotions, but there is much controversy about sense of humor. Most cat owners say cats have a sense of humor and play tricks on them. Understandably however, valid research on cats is rather limited.



Looking Back

Your Household Guide, sponsored by Women's Work of the Salem Church of the Brethren, Phillipsburg, Ohio, copyright 1951, was among some craft books donated to Benny's Blankets. Sometimes the way things have changed is just amazing. This book has a Children's Section. Under Children in the Home, children are given the following instructions:

Always greet the members of your family when you enter and always bid them goodbye when you leave.

Always rise to a standing position when visitors enter, and greet them after your elders.

Never address a visitor

until he has started the conversation unless he is a person of your own age or younger.

Never interrupt a conversation: Wait until the party talking is finished.

Always rise when your visitor or your elders stand.

Never let your mother or your father bring you a chair or get one for themselves. Wait on them instead of being waited on.

If you leave or cross the room you should say, "Excuse me,"

Never run up and down the stairs or across the room.

If your visitor should say, "I'm glad to have seen you," you should say,

"Thank you."

Talk in a low, even voice. It denotes refinement.

Always give way to the younger child. It is your duty to look after them instead of fretting them.

Never retire without bidding the members of your family good night.

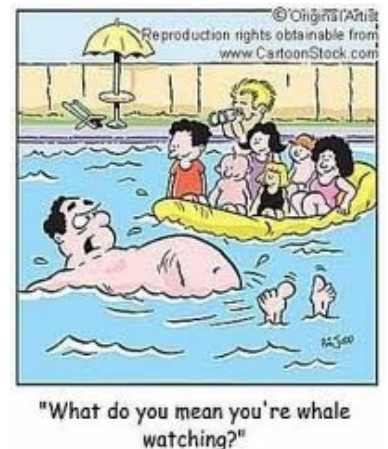
Follow these suggestions and you will assist in making the members of your family happy as well as in benefitting them in many other ways.

Treat people as if they were what they ought to be and you help them to become what they are capable of being.

Johann Wolfgang Van Goethe



What's Funny?



From Everyday Diabetic Recipes: (www.everydaydiabeticrecipes.com)

Honey Garlic Pork Chops

A healthy spin on the traditional Chinese restaurant dish.

Serves: 4

Cooking Time: 10 Min

What You'll Need:

3/4 cup lemon juice

3/4 cup honey

1/3 cup low sodium soy sauce

1/4 cup dry white wine

2 Tablespoons minced garlic

1/4 teaspoon black pepper

4 3/4 inch pork chops (about 2 pounds total)

What To Do:

1. In a 9 x 13 inch baking dish, combine all ingredients except pork chops: mix well. Add chops, cover and refrigerated at least 4 hours, or overnight, turning chops over occasionally.
2. Preheat broiler. Coat a broiler pan or lined baking sheet with cooking spray.
3. Transfer chops to broiler pan, reserving marinade. Broil chops 8 to 9 minutes per side for medium well or to desired doneness.
4. Meanwhile, place reserved marinade in a small saucepan and bring or a boil over medium-high heat. Reduce to low; keep warm.
5. Place chops on a serving platter and top with warm sauce. Serve immediately.



405 calories; 68 from fat; 7.5g total fat; 2.6g sat fat; trans fat 0g

S B C U W Y X E Y S G X M H M
 P U U O F I L Q Y S U U T G P
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HUMOR AND LAUGHTER

ABSURDITY

CHUCKLE

FUNNY

HILARITY

JOSHING

MIRTH

STUPID

AMUSEMENT

COMEDY

GOOFY

JESTING

LAUGH

REDICULOUS

WIT

CHORTLE

FUNNINESS

GUFFAW

JOKING

LUDICROUS

SILLY

WITTINESS